

RESORT

Activities

Monday

-  08:00 - 08:45 Beginner Yoga
-  10:00 - 10:45 Aqua Boxing
-  14:00 - 14:45 Basic Thai Boxing - *Chargeable*
-  17:00 - 17:45 Family Stretching

Wednesday

-  08:00 - 08:45 Beginner Yoga
-  10:00 - 10:45 Circuit Training
-  14:00 - 14:45 Coconut Leaf Basket Making
-  17:00 - 17:45 Sunset Paddle Boarding

Friday

-  08:00 - 08:45 Mat Pilates
-  10:00 - 10:45 Basic Paddle Boarding
-  14:00 - 14:45 Body Weight Training
-  17:00 - 17:45 Basic Thai Boxing - *Chargeable*

Sunday

-  07:00 - 07:15 Alms Giving
-  10:00 - 10:45 Mat Pilates
-  14:00 - 14:45 Coconut Leaf Basket Making
-  17:00 - 17:45 Basic Thai Boxing - *Chargeable*

Tuesday

-  08:00 - 08:45 Walking Meditation
-  10:00 - 10:45 Body Weight Training
-  14:00 - 14:45 Hand Garland Making - *Chargeable*
-  17:00 - 17:45 Tai Chi

Thursday

-  08:00 - 08:45 Beach Boot Camp
-  10:00 - 10:45 Core & Abs Exercise
-  14:00 - 14:45 Hand Garland Making - *Chargeable*
-  17:00 - 17:45 Wai Kru Muay Thai

Saturday

-  08:00 - 08:45 Beach Boot Camp
-  10:00 - 10:45 Low Impact Training
-  14:00 - 14:45 Hand Garland Making - *Chargeable*
-  17:00 - 17:45 Family Stretching

Paddle Boarding and Kayaking are available daily at the beach, from 08:00 - 18:00 hrs.

- For more information and reservations, please contact our Recreation Team or dial '0' from your in-room telephone.
- The resort reserves the right to change, modify, or cancel these activities program at any time.
- Personal Training available, please inquire with the team.



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